



LES MENUS DE LA SEMAINE

SEMAINE 1
- MIDI -

SEMAINE 1
- SOIR -

LUN.

MAR.

MER.

JEU.

VEN.

SAM.

DIM.

MÉNAGE

RANGEMENT

POUSSIÈRE

NETTOYER

ASPIRATEUR

SERPILLÈRE

VITRES

POUBELLE

SÉJOUR

CUISINE

SDB

CHAMBRE

CHAMBRE G

BUREAU

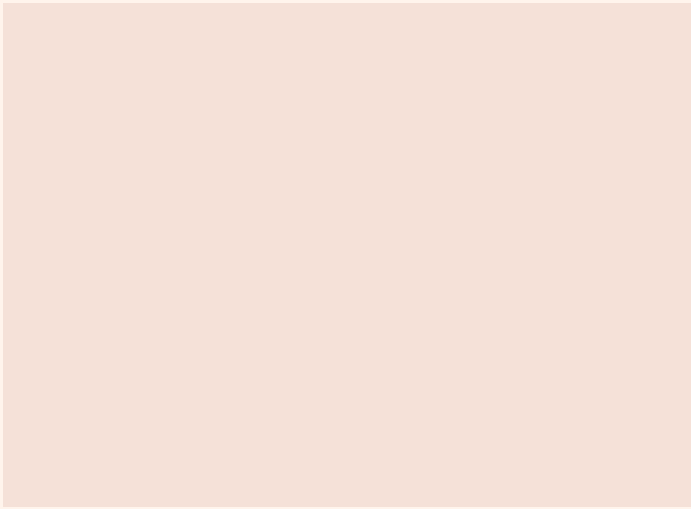
DRESSING



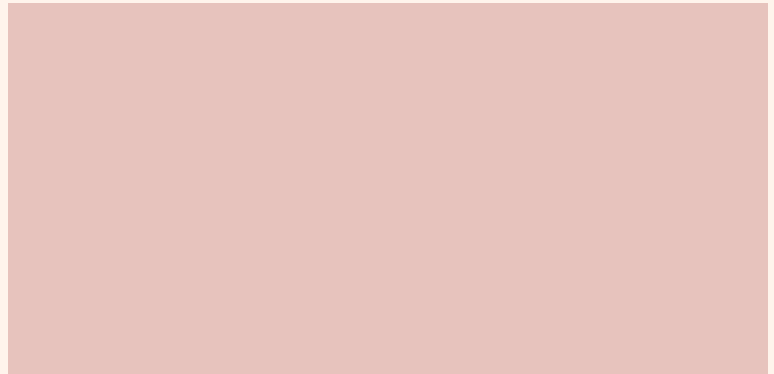
TO DO LIST

LES COURSES

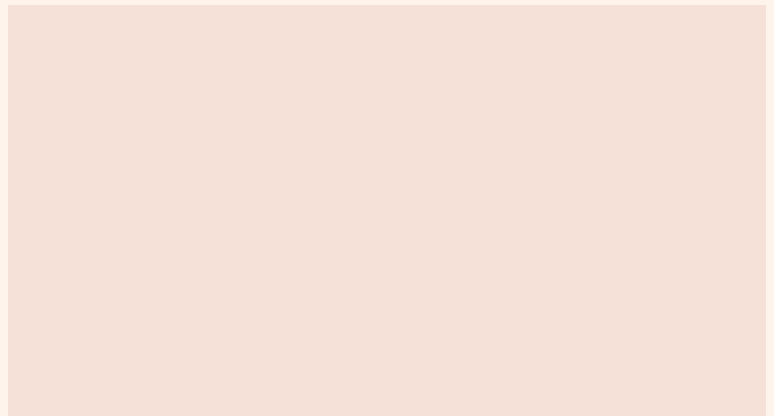
FRUITS/LÉGUMES



HYGIÈNE



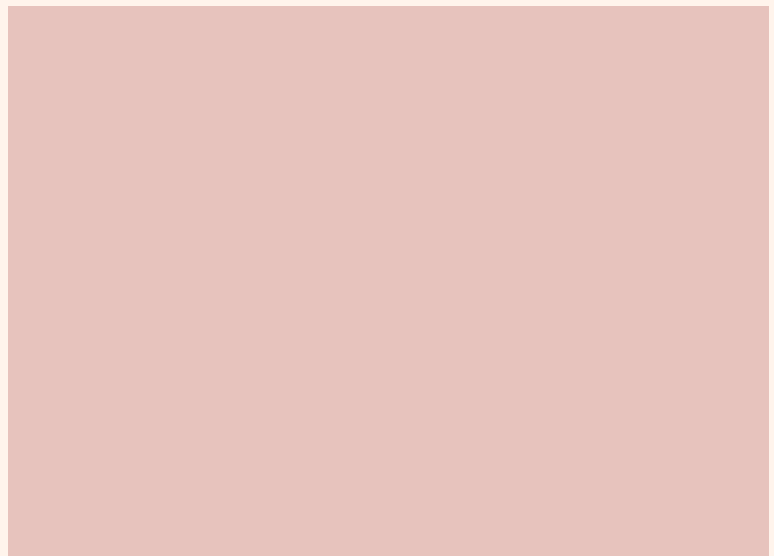
SURGELÉS



ÉPICERIE



RAYON FRAIS



VIANDE/POISSON

